

## 2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index (N=1,219)**

About how much do you weigh without shoes?  
About how tall are you without shoes?

	Percent of Adolescents			
	Overweight Status <sup>1</sup>			Overweight and Obese
	Not Overweight	Overweight	Obese	
<b>Total</b>	<b>78.2</b>	<b>13.1</b>	<b>8.7</b>	<b>21.8</b>
<b>Gender</b>				
Male	77.0	11.6	11.4	23.0
Female	79.4	14.7	5.9	20.6
<b>Ethnicity</b>				
White	88.0	9.1	2.9	12.0
African American	60.1	21.8	18.1	39.9
Latino	70.6	15.1	14.4	29.4
Asian/Other	82.0	13.9	4.1	18.0
<b>Gender by Age</b>				
<b>Males</b>				
12-13	80.5	9.6	9.9	19.5
14-15	78.5	12.2	9.3	21.5
16-17	72.2	12.8	14.9	27.8
<b>Females</b>				
12-13	76.8	15.5	7.8	23.2
14-15	85.0	9.8	5.2	15.0
16-17	76.2	19.0	4.8	23.8
<b>Income</b>				
<\$15,000	68.2	14.7	17.2	31.8
\$15,000 - \$24,999	61.5	22.7	15.8	38.5
\$25,000 - \$34,999	78.0	8.1	14.0	22.0
\$35,000 - \$49,999	71.5	17.1	11.4	28.5
\$50,000 - \$74,999	90.1	4.4	5.5	9.9
≥\$75,000	85.3	11.6	3.1	14.7
<b>Food Stamp Status, % FPL<sup>2</sup></b>				
Participant, ≤130%	60.4	21.5	18.1	39.6
Likely Eligible, ≤130%	73.6	12.4	14.1	26.4
Not Eligible, >185%	86.5	10.0	3.6	13.5
<b>Smoking Status</b>				
Non-Smoker	78.9	12.5	8.5	21.1
Smoker	60.6	26.0	13.4	39.4
<b>Physical Activity Status</b>				
Regular	77.4	13.7	8.9	22.6
Irregular	80.9	10.9	8.1	19.1

<sup>1</sup> Calculated using the CDC 2000 reference data by age and gender for BMI.

Overweight = BMI ≥ 85th < 95th percentile.

Obese = BMI ≥ 95th percentile.

<sup>2</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\*\* p<.01

\*\*\* p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 46a: Comparison of Self-Reported Weight and Ideal Weight Reported by California Adolescent Boys (N=589)

About how much do you weigh without shoes?  
About how tall are you without shoes?  
What do you think is the best weight for you?

	Self Reported Weight, Mean Pounds	Self-Selected Ideal Weight, Mean Pounds	Difference Between Current Weight and Ideal Weight, Mean Pounds
<b>All Boys</b>	<b>137.5</b>	<b>133.9</b>	<b>3.6</b>
<b>Ethnicity</b>			
White	135.7 <sup>ab</sup> *	133.9	1.8 <sup>a</sup> *
African American	143.3 <sup>ab</sup>	138.6	4.6 <sup>ab</sup>
Latino	141.5 <sup>b</sup>	135.3	6.0 <sup>b</sup>
Asian/Other	128.4 <sup>a</sup>	127.3	1.1 <sup>ab</sup>
<b>Age</b>			
12-13	113.0 <sup>a</sup> ***	109.0 <sup>a</sup> ***	4.0
14-15	138.1 <sup>b</sup>	136.5 <sup>b</sup>	1.6
16-17	161.8 <sup>c</sup>	157.2 <sup>c</sup>	5.1
<b>Income</b>			
<\$15,000	143.0	137.0	6.0
\$15,000 - \$24,999	144.8	136.2	8.6
\$25,000 - \$34,999	129.4	127.1	2.4
\$35,000 - \$49,999	146.5	139.5	6.3
\$50,000 - \$74,999	137.0	134.5	2.4
≥\$75,000	136.5	135.4	1.6
<b>Food Stamp Status, % FPL<sup>1</sup></b>			
Participant, ≤130%	143.1	134.2	9.0 <sup>b</sup> **
Likely Eligible, ≤130%	137.2	132.3	4.8 <sup>ab</sup>
Not Eligible, >185%	136.3	134.5	1.8 <sup>a</sup>
<b>Smoking Status</b>			
Non-Smoker	136.0 ***	132.4 ***	3.5
Smoker	160.8	156.7	4.0
<b>Physical Activity Status</b>			
Regular	137.6	134.4	3.1
Irregular	137.2	131.9	5.3

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 46b: Comparison of Self-Reported Weight and Ideal Weight Reported by California Adolescent Girls (N=621)**

About how much do you weigh without shoes?  
About how tall are you without shoes?  
What do you think is the best weight for you?

	Self Reported Weight, Mean Pounds	Self-Selected Ideal Weight, Mean Pounds	Difference Between Current Weight and Ideal Weight, Mean Pounds
<b>All Girls</b>	<b>123.5</b>	<b>115.3</b>	<b>7.2</b>
<b>Ethnicity</b>			
White	120.3 <sup>a</sup> ***	115.1 <sup>a</sup> ***	4.7 <sup>a</sup> ***
African American	143.9 <sup>b</sup>	129.8 <sup>b</sup>	14.3 <sup>c</sup>
Latino	123.7 <sup>a</sup>	114.2 <sup>a</sup>	8.3 <sup>b</sup>
Asian/Other	120.8 <sup>a</sup>	111.2 <sup>a</sup>	7.2 <sup>ab</sup>
<b>Age</b>			
12-13	114.9 <sup>a</sup> ***	107.1 <sup>a</sup> ***	7.4
14-15	123.3 <sup>b</sup>	115.6 <sup>b</sup>	6.4
16-17	132.5 <sup>c</sup>	123.7 <sup>c</sup>	7.8
<b>Income</b>			
<\$15,000	126.1 <sup>ab</sup> *	113.8 <sup>a</sup> *	11.4 <sup>c</sup> ***
\$15,000 - \$24,999	128.2 <sup>b</sup>	114.3 <sup>a</sup>	8.7 <sup>bc</sup>
\$25,000 - \$34,999	120.1 <sup>ab</sup>	113.0 <sup>a</sup>	7.1 <sup>abc</sup>
\$35,000 - \$49,999	129.8 <sup>ab</sup>	123.0 <sup>a</sup>	7.2 <sup>abc</sup>
\$50,000 - \$74,999	113.6 <sup>a</sup>	112.2 <sup>a</sup>	1.4 <sup>a</sup>
≥\$75,000	122.5 <sup>ab</sup>	116.2 <sup>a</sup>	4.6 <sup>ab</sup>
<b>Food Stamp Status, % FPL<sup>1</sup></b>			
Participant, ≤130%	132.3 <sup>b</sup> ***	119.9 <sup>b</sup> **	11.0 <sup>b</sup> ***
Likely Eligible, ≤130%	124.4 <sup>a</sup>	114.2 <sup>a</sup>	7.9 <sup>ab</sup>
Not Eligible, >185%	119.8 <sup>a</sup>	113.8 <sup>a</sup>	5.3 <sup>a</sup>
<b>Smoking Status</b>			
Non-Smoker	122.9 **	114.9 ***	7.0 *
Smoker	142.6	129.6	13.0
<b>Physical Activity Status</b>			
Regular	124.9 *	115.9	7.7
Irregular	119.3	113.5	5.7

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 46c: Perception of Ideal Weight in Relation to Body Mass Index as Reported by California Adolescent Boys and Girls**

About how much do you weigh without shoes?

About how tall are you without shoes?

What do you think is the best weight for you?

**Percent of Teen Boys (N=622)**

Self-Identified Ideal Weight	Actual Weight <sup>1</sup>	
	Not Overweight	Overweight/Obese <sup>2</sup>
Not Overweight	96.1	27.1
Overweight/Obese	3.9	72.9

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**Percent of Teen Girls (N=579)**

Self-Identified Ideal Weight	Actual Weight <sup>1</sup>	
	Not Overweight	Overweight/Obese <sup>2</sup>
Not Overweight	99.9	62.0
Overweight/Obese	0.1	38.0

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<sup>1</sup> Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m<sup>2</sup>).

<sup>2</sup> Calculated using the CDC 2000 reference data by age and gender for BMI.

Overweight = BMI ≥ 85th < 95th percentile.

Obese = BMI ≥ 95th percentile.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\*\*\* p<.001

**2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 47: Cross Tabulation of Trying to Lose Weight and Eating High Calorie, Low Nutrient Foods Among California Adolescents (N=1,253)**

During the past 30 days, have you done anything to try to lose weight?

Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or pop-tarts?

Yesterday did you eat any deep-fried foods, such as french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?

Yesterday did you eat any boxes or packages of candy, candy bars or drink any soft drinks that weren't diet?

Food	Portion Who Ate Each Food Yesterday	
	Tried to Lose Weight in the Past 30 Days, Percent of Adolescents	Have Not Tried to Lose Weight in the Past 30 Days, Percent of Adolescents
<b>Pastry</b>	13.5	22.1 ***
<b>Fried Foods</b>	18.8	13.6 *
<b>Chips or Fried Snacks</b>	37.2	34.3
<b>Sweet Snacks or Dessert</b>	33.6	36.8
<b>Candy</b>	21.3	22.6
<b>Soda or Sweetened Beverages</b>	52.9	47.3
<b>Fast Food</b>	78.5	81.0

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\*\* p<.001

**2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 47a: Cross Tabulation of Trying to Lose Weight and Eating Recommended Foods Among California Adolescents (N=1,253)**

During the past 30 days, have you done anything to try to lose weight?

Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or pop-tarts?

Yesterday did you eat any deep-fried foods, such as french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?

Yesterday did you eat any boxes or packages of candy, candy bars or drink any soft drinks that weren't diet?

Food	Portion Who Ate Each Food Yesterday	
	Tried to Lose Weight in the Past 30 Days, Percent of Adolescents	Have Not Tried to Lose Weight in the Past 30 Days, Percent of Adolescents
<b>5+ Servings Fruits and Vegetables</b>	39.4	38.6
<b>Any Whole Grain</b>	71.3	75.0
<b>Any Milk</b>	79.0	81.0
<b>Any Meat</b>	89.8	86.6
<b>Breakfast</b>	79.3	86.2

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A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\* p<.01

**2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 48: Cross Tabulation of Trying to Lose Weight and Exercising Among California Adolescents (N=1,248)**

Yesterday did you participate in any physical activity, exercise, sports?  
During the past 30 days, have you done anything to try to lose weight?

	Percent of Adolescents	
	Tried to Lose Weight in the Past 30 Days	Have Not Tried to Lose Weight in the Past 30 Days
<b>None</b>	13.6	18.7
<b>1-59 Minutes</b>	34.8	32.2
<b>60+ Minutes</b>	51.6	49.1

## 2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 49: Weight Loss and Dieting Practices of California Adolescents (N=1,253)

During the past 30 days, have you done anything to try to lose weight?

During the past 30 days, what is the most common thing you have been doing to try to lose weight?

	Percent of Adolescents	
	Tried to Lose Weight Past 30 Days	Dieting in Past 30 Days, Out of Those Reported Trying to Lose Weight
	39.5	17.3
<b>Gender</b>		
Male	34.5 ***	9.8 ***
Female	44.8	22.6
<b>Ethnicity</b>		
White	29.4 ***	15.1 *
African American	53.4	5.8
Latino	47.5	21.8
Asian/Other	37.2	14.8
<b>Gender by Age</b>		
<b>Males</b>		
12-13	41.8 *	8.3
14-15	28.1	8.5
16-17	33.3	13.6
<b>Females</b>		
12-13	44.6	21.8 *
14-15	43.3	15.5
16-17	46.5	31.0
<b>Income</b>		
<\$15,000	40.9 *	20.9
\$15,000 - \$24,999	47.0	17.6
\$25,000 - \$34,999	48.4	19.2
\$35,000 - \$49,999	34.4	8.4
\$50,000 - \$74,999	31.8	8.6
≥\$75,000	32.2	20.4
<b>Food Stamp Status, % FPL<sup>1</sup></b>		
Participant, ≤130%	51.4 ***	17.3
Likely Eligible, ≤130%	40.1	19.7
Not Eligible, >185%	34.4	16.9
<b>Smoking Status</b>		
Non-Smoker	39.2	17.3
Smoker	44.5	19.1
<b>Physical Activity Status</b>		
Regular	39.3	16.6
Irregular	40.2	20.0
<b>Overweight Status</b>		
Not Overweight	30.4 ***	16.1
Overweight/Obese	72.6	18.5

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\*\* p<.001



## 2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 49a: Weight Loss Practices of California Adolescents (N=448)

During the past 30 days, what is the most common thing you have been doing to try to lose weight?

	Percent of Adolescents	
	Most Common Way to Lose Weight, Out of Those Reporting	
	Trying to Lose Weight in the Past 30 Days <sup>1</sup>	
	Go on a Diet/Fasting <sup>2</sup>	Exercise or Workout
	17.5	82.5
<b>Gender</b>		
Male	9.9	90.1
Female	23.0	77.0
<b>Ethnicity</b>		
White	15.3	84.7
African American	6.0	94.0
Latino	22.0	78.0
Asian/Other	14.8	85.2
<b>Gender by Age</b>		
<b>Males</b>		
12-13	8.3	91.7
14-15	8.5	91.5
16-17	13.6	86.4
<b>Females</b>		
12-13	22.1	77.9
14-15	15.8	84.2
16-17	31.5	68.5
<b>Income</b>		
<\$15,000	21.0	79.0
\$15,000 - \$24,999	17.6	82.4
\$25,000 - \$34,999	19.2	80.8
\$35,000 - \$49,999	8.4	91.6
\$50,000 - \$74,999	9.2	90.8
≥\$75,000	20.8	79.2
<b>Food Stamp Status, % FPL<sup>3</sup></b>		
Participant, ≤130%	17.4	82.6
Likely Eligible, ≤130%	19.7	80.3
Not Eligible, >185%	17.3	82.7
<b>Smoking Status</b>		
Non-Smoker	17.4	82.6
Smoker	20.4	79.6
<b>Physical Activity Status</b>		
Regular	16.8	83.2
Irregular	20.0	80.0
<b>Overweight Status</b>		
Not Overweight	16.4	83.6
Overweight/Obese	18.5	81.5

<sup>1</sup> Smoking as a form of dieting was dropped from the analysis due to low response (<1%)

<sup>2</sup> "Eat healthier" and "Fasting" were included with dieting because each did not exceed 2 percent of total respondents.

<sup>3</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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Chi Square Test

\* p<.05

\*\*\* p<.001

**2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 49b: Dieting Behaviors Among California Adolescents Reporting Recent Attempt at Weight Loss (N=70)**

During the past 30 days, what is the most common thing you have been doing to try to lose weight? Would you say: go on a diet, fast, exercise or workout, smoke, or some other way?

Did you do anything else?

What kind of diet did you use?

	<b>Percent of Adolescents</b>
	<b>Type of Diet Reported, Out of Those Dieting in the Past 30 Days</b>
Eating less food/fewer calories	62.2
Eating foods low in fat	33.0
Eating foods low in sugar or carbohydrates	9.9
Eating more protein	7.1
Eating or drinking meal replacement shakes or bars	6.9
Other <sup>1</sup>	8.2

<sup>1</sup> Other includes "A weight loss program", "Diet pills, herbal medicines or other weight loss products not prescribed by your doctor", and "Supervised weight loss program through Doctor, Hospital, Health Clinic, or HMO", which each equaled less than 4 percent.

Percents do not add up to 100 due to participants being able to answer "yes" to more than one type of diet.

## 2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 94: California Adolescents' Weight Goals (N=1,253)

Which of the following are you trying to do about your weight?

	Weight Goals Reported, Percent of Adolescents			
	Lose Weight	Gain Weight	Stay the Same Weight	Doing Nothing about Weight
	32.8	11.3	27.8	28.1
<b>Gender</b>				
Male	24.4	18.5	28.0	29.0
Female	41.8	3.6	27.6	27.1
<b>Ethnicity</b>				
White	23.6	9.6	25.4	41.4
African American	41.1	18.1	25.4	15.3
Latino	41.3	11.6	27.4	19.6
Asian/Other	29.7	11.2	36.6	22.6
<b>Gender by Age</b>				
<b>Males</b>				
12-13	30.3	16.3	22.1	31.3
14-15	21.5	14.1	29.8	34.6
16-17	21.3	25.2	32.3	21.2
<b>Females</b>				
12-13	40.0	3.0	30.9	26.1
14-15	42.6	4.3	30.8	22.3
16-17	42.7	3.5	20.8	33.0
<b>Income</b>				
<\$15,000	34.6	10.5	27.6	27.3
\$15,000 - \$24,999	47.0	9.7	25.9	17.3
\$25,000 - \$34,999	33.9	14.1	34.0	18.0
\$35,000 - \$49,999	22.8	14.2	40.6	22.5
\$50,000 - \$74,999	24.5	17.1	29.3	29.1
≥\$75,000	24.5	7.9	29.1	38.5
<b>Food Stamp Status, % FPL<sup>1</sup></b>				
Participant, ≤130%	43.8	8.4	24.5	23.3
Likely Eligible, ≤130%	33.9	13.0	29.0	24.1
Not Eligible, >185%	27.4	11.3	28.4	32.9
<b>Smoking Status</b>				
Non-Smoker	32.3	10.9	28.3	28.5
Smoker	41.4	20.2	17.2	21.1
<b>Physical Activity Status</b>				
Regular	33.6	11.2	26.0	29.2
Irregular	30.1	11.4	34.3	24.2
<b>Overweight Status</b>				
Not Overweight	22.8	13.9	31.9	31.4
Overweight/Obese	67.9	3.0	13.5	15.5

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\* p&lt;.05

\*\*\* p&lt;.001